

Is your home safe?

Falls and home adaptations checklist

Go round your home one room at a time and tick each thing that is already fine. Anything you cannot tick is worth sorting out, or asking for help with. You can do this for yourself, or with someone you care for.

Name _____

Date checked _____

Floors and hallways

- ☐ Floors, hallways and doorways are clear of clutter
- ☐ There are no loose rugs or mats, or they are fixed down with tape
- ☐ Carpet edges are flat and not lifting
- ☐ No wires, bedspreads or long curtains trail across the floor
- ☐ Spills are mopped up straight away

Lighting

- ☐ Every room, hallway and the stairs are well lit
- ☐ You turn the light on before you walk into a room
- ☐ There is a night light near the bed for getting up in the dark

Stairs and steps

- ☐ There is a handrail, and you hold on to it
- ☐ There are no rugs or mats at the top or bottom of the stairs
- ☐ Nothing is left on the stairs
- ☐ Step edges are easy to see (bright tape can help)
- ☐ Outside steps have a rail, or a ramp if needed

Bathroom and toilet

- ☐ There is a non-slip mat in the bath or shower
- ☐ There are grab rails where you need them, by the bath, shower or toilet
- ☐ If getting up or down is hard, you have asked about a shower seat, bath aid or toilet frame
- ☐ You do not have to rush to reach the toilet

Kitchen

- ☐ Things you use every day are within easy reach, with no climbing, stretching or bending
- ☐ Spills are cleaned up straight away
- ☐ You ask someone to help with lifting or reaching high shelves

Bedroom

- ☐ There is a lamp or light switch you can reach from the bed
- ☐ The way from the bed to the toilet is clear
- ☐ A phone or personal alarm is within reach of the bed

Outside and the front door

- ☐ Paths and the garden are clear of clutter
- ☐ There is an outside light by the door
- ☐ Someone you trust can get in if needed, for example with a key safe

You

- ☐ Your shoes and slippers fit well, stay on and have a good grip (not loose, backless or slip-on)
- ☐ You do not walk on hard floors in socks or tights
- ☐ Your clothes are not long or loose enough to trip on
- ☐ You have had a recent eye test and hearing check
- ☐ If you think a medicine affects your balance, you have spoken to a GP or pharmacist
- ☐ Your toenails are trimmed, and you have seen a GP or podiatrist about any foot problems
- ☐ You are active every day, with strength and balance activities at least twice a week (NHS advice)
- ☐ You wear a personal alarm or carry a mobile phone

If you fall

If you feel able to get up

1. Take your time.
2. Roll on to your side, then push up on to your hands and knees.
3. Crawl to something stable, like a sturdy chair, and hold on to it.
4. Put one foot flat on the floor and stand up slowly.
5. Sit down and rest.

Call 999 if someone may have hurt their head, neck, back or hip, or cannot get up.

Call NHS 111, or go to 111.nhs.uk, if someone has fallen and may be in pain, hurt or unwell, or if you need medical help fast but it is not a 999 emergency.

If you cannot get up

- Call for help with a phone or personal alarm. If you cannot reach one, shout or bang on the wall or floor.
- Keep warm. Cover yourself with anything you can reach.
- Keep moving your arms and legs, and change position about every 30 minutes.

Where to get help

Your GP

Talk to your GP if you are worried about your balance or have had a fall. They can check things and may refer you to a falls service. In some areas you can refer yourself: ask at your GP surgery.

Disabled Facilities Grant

For bigger changes, such as a stairlift, a walk-in shower or wider doors, you may get a Disabled Facilities Grant. In England and Wales, apply through your council. In Northern Ireland, ask the Housing Executive. In Scotland, ask your council about help with adaptations.

Your council: a free home assessment

Contact your council's adult social care team and ask for a home assessment. It is free, and anyone can ask. An occupational therapist may visit to see how you manage and suggest equipment or changes. In England, the council should pay for each small change that costs less than £1,000, such as a grab rail.

Personal alarms

Ask your council whether it can help you get a personal alarm or fall detector. You may have to pay towards it.

Notes, or things to ask about